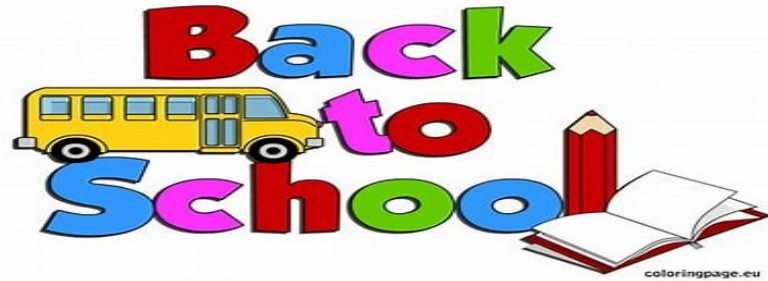


# September 2025 Breakfast at Susquehanna Township Middle School



This institution is an equal opportunity provider. Menus are subject to change.

Starting after  
Labor Day...

your  
school  
is now

**SERVING  
BREAKFAST**

So join us!



Breakfast menus are now designed to meet new government guidelines for fewer added sugars. Some items offered last year will not be served.



Qualifying free meal described on next page....

**Monday, September 1**



**NO SCHOOL**

**Tuesday, September 2**

Mini Bagel  
with Cream Cheese  
or Cereal Bowl w/  
Cheese Stick

Applesauce

Strawberry Cup

**Wed., September 3**

Turkey Sausage  
& Cheese Breakfast  
Calzone or Cereal  
Bowl w/ Cheese  
Stick

100% Fruit Juice

Flavored Craisins

**Thursday, September 4**

Mini Pancakes or  
Cereal Bowl w/  
Cheese Stick

Orange Slices

Peach Cup

**Friday, September 5**

Assorted Pop Tarts  
w/ Yogurt or Cereal  
Bowl w/ Cheese  
Stick

Raisins

Flavored  
Applesauce Cup

**Monday, September 8**

Mini Waffles or  
Cereal Bowl w/  
Cheese Stick

100% Fruit Juice

Apple Slices

**Tuesday, September 9**

Chicken Sausage  
& Cheese Stuffed  
Waffle or Cereal  
Bowl w/ Cheese  
Stick

Applesauce

Strawberry Cup

**Wed., September 10**

Mini Cinnamon  
Rolls or Cereal  
Bowl w/ Cheese  
Stick

100% Fruit Juice

Flavored Craisins

**Thursday, September 11**

Turkey Ham &  
Cheese Breakfast  
Calzone or Cereal  
Bowl w/ Cheese  
Stick

Orange Slices

Peach Cup

**Friday, September 12**

Mini French Toast  
or Cereal Bowl w/  
Cheese Stick

Raisins

Flavored  
Applesauce Cup

## Breakfast Menu Items Offered Daily:

Whole Fresh Fruit

1% Plain Milk

Skim Milk

Lactaid Milk available upon request

**Monday, September 15**

Egg & Cheese on  
an English Muffin or  
Cereal Bowl w/  
Cheese Stick

100% Fruit Juice

Apple Slices

**Tuesday, September 16**

Mini Bagel  
with Cream Cheese  
or Cereal Bowl w/  
Cheese Stick

Applesauce

Strawberry Cup

**Wed., September 17**

Turkey Sausage  
& Cheese Breakfast  
Calzone or Cereal  
Bowl w/ Cheese  
Stick

100% Fruit Juice

Flavored Craisins

**Thursday, September 18**

Mini Pancakes or  
Cereal Bowl w/  
Cheese Stick

Orange Slices

Peach Cup

**Friday, September 19**

Teacher  
In-Service



**Monday, September 22**

Mini Waffles or  
Cereal Bowl w/  
Cheese Stick

100% Fruit Juice

Apple Slices

**Tuesday, September 23**

Chicken Sausage  
& Cheese Stuffed  
Waffle or Cereal  
Bowl w/ Cheese  
Stick

Applesauce

Strawberry Cup

**Wed., September 24**

Mini Cinnamon  
Rolls or Cereal  
Bowl w/ Cheese  
Stick

100% Fruit Juice

Flavored Craisins

**Thursday, September 25**

Turkey Ham &  
Cheese Breakfast  
Calzone or Cereal  
Bowl w/ Cheese  
Stick

Orange Slices

Peach Cup

**Friday, September 26**

Mini French Toast  
or Cereal Bowl w/  
Cheese Stick

Raisins

Flavored  
Applesauce Cup

**Monday, September 29**

Egg & Cheese on  
an English Muffin

100% Fruit Juice

Apple Slices

**Tuesday, September 30**

Mini Bagel  
with Cream Cheese  
or Cereal Bowl w/  
Cheese Stick

Applesauce

Strawberry Cup

### ***The Community Eligibility Provision***

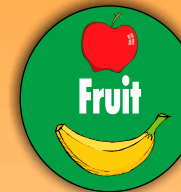
Susquehanna Township School District is currently able to participate in this program which enables all students to get meals for "FREE", provided they take a "qualified" meal. This means the student must take at least 3 items including a fruit at breakfast and a fruit or vegetable at lunch.

If your student does not take the full qualified meal, they may be charged an a la carte price. A la carte items, including snacks and second servings, are not free.

**NO APPLICATIONS NEEDED**

## ***First things First***

**To make a breakfast,  
choose at least one**



**Fruit**

**or**



**Juice**



**Fruit**

**and at  
least  
three  
items  
total**



**Grains**

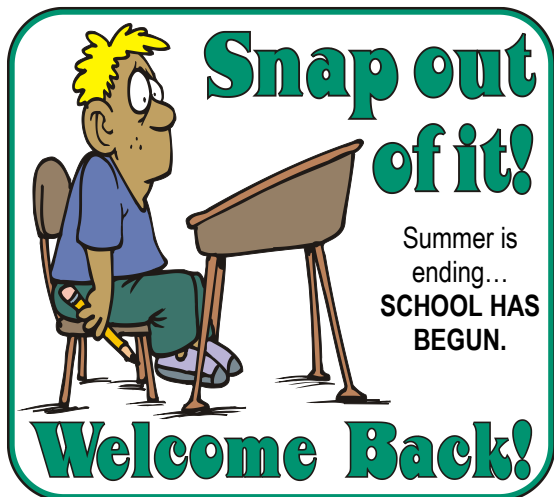


**Juice**



**Milk**

This is a qualified breakfast for free  
STSD FOOD SERVICE



**Snap out  
of it!**

Summer is  
ending...  
**SCHOOL HAS  
BEGUN.**

**Welcome Back!**